proved laboratory by a qualified technician.

Their food is natural, simple, unsophisticated, without any unnatural, inorganic, synthetic additives whatsoever. There is no fragmentation in the foods they eat. They do not separate any part of the wheat when they make flour, nor do they separate any part of the other grains when using them.

Due to necessity they do not cook foods too much, nor do they cook any food that can be eaten and enjoyed without cooking.

Food is a serious, all prevalent problem. The few trees that they have and that they can grow must be protected for food, shade and timber.

However, I must truthfully admit that the reason that the Hunzans do not cook their food is because of the scarcity and inaccessibility to supplies of fuel.

Vaccination is not practiced and, as far as I know, is unknown in Hunza. Pasteurization in any form is neither practiced nor known. Chlorination is unheard of. Fluoridation is unheard of. No coloring whatsoever is added to any of their food, not even their butter.

Up until recent years the salt used by the people of Hunza came from the Shimshal area, somewhere near where the Shimshal River and the Muztagh join together. This salt is unrefined and used just as it is mined from this mountain area. It obviously contains many natural so-called impurities.

The only wheeled vehicles—two jeeps, in fact—are owned and used by the Mir chiefly for bringing in supplies, when road conditions permit. Therefore one must walk for every chore. There is no motorized equipment used in Hunza with the exception of the electric light plant in the Mir's palace. Apart from what I have mentioned here, mechanization of any sort is unknown.

tilizers are used on their lands. 241

(8) All children in Hunza are breast fed. There is no specific prenatal care, and the good health of the mother is passed on to the infant . . . and the breast feeding gets the child off to a good start. 853 843

(9) All fruits and vegetables that are dried for storing have been exposed to the sun and air. No foreign substances are added or treatments used. 251

(10) Native herbs are used extensively . . . both as seasoning and as food. 262

(11) Glacial waters are the only waters used both for drinking and irrigation purposes. These glacial waters definitely contain many valuable minerals and nutrients, as revealed by laboratory tests. 312 146

(12) Apricot kernel oil is the most important source of fat. It is used in cooking as well as for salads. No solvents or extreme heat is used to extract the apricot oil. 262

(13) Natural whole grains are used broadly. There is no fragmentization in Hunza. While they do bake a bread, their chief form of bread is an unleavened type which they call chapatties. They are composed of whole ground grain made into a dough and rolled very thin. Then they are heated or baked slightly.

(14) Hunzans are light eaters. Their diet is comparatively meager.

There is no doubt that, if any human being were to follow the health rules of the people of Hunza, he could regain or maintain health. There is no magic formula connected with this set of rules. They are simple and to the point. In fact, they are so simple that most people will doubt their value. To these people I would say, "All of the great things in life—the important things and things of value—are invariably simple!" 777

In Hunza the following established Western health 744

744 processes are unknown and unused: chlorination, pasteurization, hydrogenation, inoculation, fluoridation.

262 The single most important food, as used by the people of Hunza, consists of dried apricots and whole ground grain mixed together to form a toddy or a gruel. This is actually drunk cold and is enjoyed by all members of the family. It is usually partaken of during the late afternoon or early evening.

Their other important foods consist of the following: potatoes, garlic, beans, peas, carrots, tomatoes and some leafy vegetables. In fruits, they have mulberries, apples, walnuts and a few plums, pears and cherries. Grapes are used chiefly for making wine.

They grow a fairly broad selection of grains: millet, wheat, barley, rye, buckwheat and a little rice. Lucerne [231] or alfalfa is generally used for cattle fodder.

[245] The Persian Walnut is the chief nut grown in the area. Almonds are raised, and their cultivation is increasing. A fair quantity of apricot kernels are used.

Ghee is used for baking and as a spread on their chapatties or bread—the oven-baked loaf. Sour milk, buttermilk and curd are a regular part of the diet.

Meat does not form an important part of the Hunzan way of life.

Most foods are consumed raw. The lack of wood or other heating materials probably accounts for the paucity of cooked foods in their culinary art.

147 There are practically no cases of overweight among the people of Hunza. The importance of this factor cannot be overestimated.

000 The path to health is a simple, easy-to-follow road. It is the most natural way in the world to the people of Hunza. However, to follow a similar path in America would involve complications, difficulties and many frustrations.

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value to the people of Hunza? Let's examine them.

Let's start with pasteurization. Well, it would be very difficult to pasteurize in Hunza. First of all, they don't have the means of providing the required heat. Besides, they don't suffer from any conditions which pasteurization would cure—if it does cure anything.

How about hospitalization? Well, they have a comparatively new, modern hospital in Aliabad, but the people don't use it very much. They distrust the hospital and they distrust the doctor, even though he is a fine capable fellow. Besides, I did not notice, particularly, any sick or ailing people sitting around, waiting for a hospital bed.

Then how about inoculations? To begin with, what would you inoculate them against? They don't seem to have many, if any, of our diseases. Then, too, there are no inoculations against cancer, diabetes, heart disease, arthritis and such, anyway. Oh, yes . . . besides, these diseases have never been known in Hunza . . . not even poliomyelitis.

The Mir has a huge medicine chest that was given to him by the German expedition, which was stationed across the river in Nagir. Yes, it did prove most useful —for it helped a man get well. However, I must admit rather dejectedly that the man the medicine chest helped was my companion and not a citizen of Hunza.

They could use a dentist and right here you have struck gold! However, it would be most difficult to get a dentist to set up shop in Hunza, unless he were given room in the Mir's residence, for that's the only place where electric power is provided . . . unless the dentist didn't mind going back to the old days when the old foot pedal was used for power.

But let's be realistic about it! Wouldn't it be much better to give the people of Hunza back their old